



Paula B.

Age: 36

Status: Divorced

Education: Bachelor on communication and publicity

Location: Berlin

Role: Works half time with pregnant women and the other half takes specialization courses

"I got in touch with at least 3 therapists. But soon I gave up. The whole process is extremely exhausting. Everything is so complicated and it takes too long. Which is actually very frustrating, because I really needed it at the time and couldn't go through with the search. It shouldn't be like this when a person is struggling already."

Goals

- Feel more active during the day
- Be more present with herself and focused

Motivations

- Good Mood
- Productive Days

Frustrations

- Feeling constantly unmotivated
- Disorganised schedule

Background

Paula was born in Argentina and has lived in Berlin for 9 years. She speaks Spanish, English and German. She is divorced and her ex-partner, Jakob, is German. They have two children, Leo 7 years old and Martha 4 years old. Paula and Jakob have a very good relationship. She works with groups of pregnant women focusing on Spanish-speaking women who need help understanding the birthing system in Berlin. However, at the moment she is looking for more financial stability and now she is in a career transition. She feels very discouraged and tired between taking care of the house, taking care of the children and studying for the courses. She feels that her time is running out. She feels really tired, unproductive and depressed. After hearing from her friends and acquaintances about their experience with therapists in Berlin, she felt very frustrated. She even looked for some, but to no avail. Nowadays she does online therapy with a therapist in Argentina. Still, she'd like to meet someone here, where she could also go on face-to-face meetings.